



SENIOR Scoop

The publication for and about the active generation of Davis County

Caregiver educational classes continue

Davis County Health Department's Family Caregiver Support Program continues its second half of the six-week series of classes for individuals who care for family members that are older and/or frail.

The one hour classes are offered on Tuesdays at Legacy Village Retirement Living (1201 N. Fairfield Road, Layton) at 10 a.m. or Thursdays at Legacy House of Bountiful (79 E. Center Street, Bountiful) at 10 a.m. Complimentary refreshments are provided. RSVP is required to attend the class.

The final set of classes ends Tuesday, April 23, or Thursday, April 25.

For more information or to RSVP, please contact Megan Forbush at (801) 525-5088.

The following agencies contributed to the Senior Services programs by

sponsoring these classes: South Davis Home Health and Hospice, Vista Care Hospice, Hospice Care of Northern Utah, Legacy Village of Layton and Legacy House of Bountiful.

Class schedule is:

- April 2 and 4: "Chair Friendly Exercises" – Megan Forbush and Jessica Hardcastle, Davis County Health Department
- April 9 and 11: "Put a Spring in Your Step: Strength, Balance, and Posture" – C.J. Benson and Denise Cook, South Davis Home Health and Hospice
- April 16 and 18: "Advanced Directives" – Vista Care Staff, Vista Care Hospice
- April 23 and 25: "Mindfulness" – Angela Shumway – Hospice Care of Northern Utah

Senior Gala dinner-dance tickets now available

"Those Were The Days" is the theme for the sixth annual Senior Gala Dinner-Dance on Wednesday, April 24, 6-9 p.m. Hosted by Davis County Health Department Senior Services, the dinner, floorshow, and dancing to live Big Band music are the festivities planned for a senior citizens "senior prom."

"Building on the success of the previous five years of galas, we're so very fortunate to be able to tap into the musical talents of Davis High School again this year," said Sally Kershnik,

division director over the county health department's Senior Services programs.

"We've purposely kept the price as low as we could – \$7.50 per person – to make this event affordable," said Kershnik. Call or pick up tickets at the Autumn Glow Senior Activity Center (801-544-1235) in Kaysville, the Golden Years Senior Activity Center (801-295-3479) in Bountiful, and the North Davis Senior Activity Center (801-525-5080) in Clearfield. The deadline for ticket reservations is April 17.

The dinner-dance is in the Davis High School commons and cafeteria at 325 South Main in Kaysville. Davis High School's Jazz Band along with several talented student singers and dancers transform themselves into the Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers providing a floorshow and dance music from the Big Band era.

The event is "best dress."

"Just like the previous years' galas, we want to see as many seniors come out and enjoy themselves

with familiar music from their youth," said Kershnik. "But it doesn't stop there. We encourage 'senior supporters' to escort and maybe even dance with their favorite senior relative, friend, or neighbor."

According to Kershnik, this event is made possible by volunteers and donations from local community partners including: Davis High School, Davis High School Jazz Band and student supporters, Davis Behavioral Health, and the Davis County Health Department staff.

Volunteer Corner

Looking to volunteer in Davis County? Davis County Senior Services has a variety of meaningful volunteer opportunities.

Take a look at this one: Many seniors in our community are lacking the comfort, safety and nutrients of a daily meal. You can help by giving three hours a week to our Meals on Wheels program delivering meals to homebound seniors. When you see the smile you put on their faces when you drop off a meal, you will know you made a difference.

For more information, contact Davis County Senior Services volunteer coordinator, Jessica Hardcastle, at 801-525-5087. Certain requirements pertain to volunteering with Davis County, such as completing a volunteer application packet which includes a drug screening and background check.

Senior Gala



Photo by Bob Bollew, DOHD

It's always a good sign when the dance floor at the Senior Gala Dinner-Dance is full. This year's Gala is April 24 and tickets are now on sale.



Davis
COUNTY

Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Family Health & Senior Services Division.


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All issues of Senior Scoop are available at http://www.davis-countyutah.gov/senior_scoop

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1>April</h1>			4 AG – Arts & Crafts 10 GY – Strength Training 10:30 Zumba Gold Exercise 4 ND – Presentation 11:30	5 AG – Light Side Choir Performance 11:45 GY – Old Time Combo Band 10:30 ND – Sponsored Bingo 12:15	6
7	8 AG – Oil Painting 9 GY – Stained Glass 9 Bingo 12:30 ND – Utah Legal Services 10 **Free Foot Massages 1	9 AG – Lapidary 8 **Eat Out 11 GY – Nutrition Tips 12 Tai Chi 10:30 ND – China Painting 9 “The Oldies” Perform 11:30	10 AG – Word Picture Solve 11:30 GY – Blood Pressure 10 Caregiver Respite 1-4 ND – Dr. Doggen with Zimmer 11:30	11 AG – **Wire-wrapping 9 **AARP Driving Class 12:30 GY – Lapidary 8 Bill Curtis Band 10:30 Shopping 12:30 ND – Porcelain 9 Pinochle 12:15	12 AG – Choir Performance 10:45 GY – **Music Festival & Poetry Reading ND – RSVP Program Presentation 11:30	13
14	15 AG – Caregiver Respite 1-3:30 GY – New Family History 9:30 ND – Edward Jones 11:30 Bingo 12:15	16 AG – Quilting Bee 9 Presentation 11:30 GY – **Whitaker Museum Tour ND – Quilters 10 Movie 12:15	17 AG – **Water Exercise 9 GY – **Legal Consultation ND – Presentation 11:30	18 AG – Presentation 11:30 Bridge 12 GY – Costco Presentation 12 ND – Presentation 11:30	19 AG – Sponsored Bingo 11:30 Pinochle 12 GY – Soft Aerobics 8:30 ND – Paper Quilling 9 Bingo 12:15	20
21	22 AG – Bingo 10:30 GY – Yoga 10 Arthritis Exercise 12:30 ND – Relay Utah Presentation 11:30	23 AG – Name That Tune 11:30 Shopping 12 GY – Sit n’ Fit 8:30 Pinochle 1 ND – “The Oldies” Perform 11 Line Dancing 1	24 **Senior Gala Dinner-Dance AG – Water Color 9:30 GY – Caregiver Respite 1-4 ND – Family History 3	25 AG – Nutrition Tips 11:30 GY – **Kingsbury Hall Trip Arthritis Exercises 12:30 ND – Presentation 11:30	26 **AG, GY, ND Apr. Birthday Party AG – Computer 9:30 GY – Stained Glass 9 ND – Texas Hold ‘Em 12	27
28	29 AG – **Water Exercise 9 GY – Senior Tap 8:15 Line Dancing 10 ND – Texas Hold ‘Em 12	30 AG – Trivia of the Day 11:30 GY – **Navajo Taco Lunch Lapidary 8 ND – Lapidary 8:30 Shopping 12:15	May 1 AG – Bingo 10:30 Line Dancing 1 GY – Single’s Social 11 ND – Art Class 9 Texas Hold ‘Em 12	May 2 AG – **Water Exercise 9 Shopping 12 GY – Dancing Grannies 8:15 Sit n’ Fit 8:30 ND – Movie 12:15	May 3 AG – Lapidary 8 Bingo 10:30 GY – Water Color 9 Line Dancing 9:30 ND – Ceramics 12	4

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
 (801) 544-1235
 81 East Center Street
 Kaysville, UT 84037

GY ~ Golden Years
 (801) 295-3479
 726 South 100 East
 Bountiful, UT 84010

ND ~ North Davis
 (801) 525-5080
 42 South State Street
 Clearfield, UT 84015

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Living Well with Chronic Conditions workshop to begin

Davis County Health Department is promoting an evidence-based Chronic Disease Self-Management Program called Living Well with Chronic Conditions.

Living Well with Chronic Conditions is a fun, interactive six week workshop to help you:

- Manage pain and fatigue
- Lessen depression and frustration
- Increase fitness and self-confidence
- Other subjects covered include:
- Techniques for frustration and isolation
- Appropriate exercise to maintain and improve strength
- Appropriate use of medications, proper nutrition, and weight management
- Communicating effectively with family, friends, and health professionals
- Decision making

Who Should Come?

Anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain or others. Fam-

ily and friends of those with chronic conditions also are encouraged to attend.

Healthy snacks are provided.

There are several separate upcoming workshops starting up soon. Dates and locations are:

- Tuesday, April 16, 10 a.m.-noon, at Lakeview Hospital, 630 East Medical Drive, Bountiful
- Thursday, May 2, 1-3 p.m., at Davis Behavioral Health's Journey House, 2250 N 1700 W Bldg #C, Layton
- *Spanish* Tuesday, May 7, 2-4 p.m., at Davis County Health Department, 22 South State Street, Clearfield
- Wednesday, May 8, 2:30-4:30 p.m., at Davis Hospital's Diabetes Care Center of Utah, 2132 N 1700 W, Ste B150, Layton (basement level of Bitner Medical Office Building)

For more information or to register for an English workshop, call Jessica Hardcastle at 801-525-5087. For the Spanish workshops, call Teresa Macias at 801-525-5066. Registration is required for each workshop.

WANTED: 30 People with Hearing Loss CALL Toll Free 801-294-6300



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Candidates will be seen

Tue, Wed, Thurs, April 9th, 10th, 11th

Those interested need to **Call for An Appointment**

RSVP ~ 801-294-6300

Mountain States Hearing
 625 East 500 South
 Bountiful, UT 84010